



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Governor Proclaims “Healthy America Week” in North Dakota

BISMARCK, N.D. – Gov. John Hoeven has proclaimed May 1 through 5, 2006, as “Healthy America Week” in North Dakota.

“Healthy America” is an initiative of the National Governors Association to raise awareness about the need for all Americans to live healthier, more active lives.

In 2002, Governor Hoeven launched the *Healthy North Dakota* initiative, which encourages North Dakotans to make healthy choices everywhere they live, learn, work and play. *Healthy North Dakota* and Healthy America Week are both designed to encourage a lifelong commitment to making good lifestyle decisions.

“The goal of *Healthy North Dakota* is to improve the health of every citizen in North Dakota by encouraging people to choose healthy behaviors,” Hoeven said. “We are pleased to join our efforts in North Dakota to the efforts of other states across the nation in focusing on the health of our citizens. A healthy America is a strong America.”

For more information about Healthy North Dakota, contact Melissa Olson, Healthy North Dakota director, at 701.328.2372.

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PROCLAMATION
HEALTHY AMERICA WEEK
MAY 1-5, 2006

WHEREAS, *Healthy America* is an initiative of the National Governors Association to raise awareness about the need for all Americans to live healthier, more active lives; and

WHEREAS, in 2002, the State of North Dakota launched the *Healthy North Dakota* initiative, which encourages North Dakotans to make healthy choices everywhere they live, learn, work and play; and

WHEREAS, more than a quarter of all American adults are physically inactive, and 65 percent are overweight; and

WHEREAS, physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke and some cancers; and

WHEREAS, overweight people at risk for developing diabetes can reduce that risk by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight; and

WHEREAS, *Healthy North Dakota* and Healthy America Week are designed to encourage a life-long commitment to making good lifestyle decisions.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim May 1-5, 2006, **HEALTHY AMERICA WEEK** in the state of North Dakota.

John Hoeven
Governor

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